

5. An information recording/reproduction method for recording or reproducing data on/from a disk as an information recording medium, wherein

a LBA from which recording or reproduction of data is to be started is previously decided to be a value larger than a LBA at which recording or reproduction of data becomes possible with a command being issued, and recording or reproduction of data is performed from a LBA on the disk from which recording or reproduction of data is to be started with a command being issued, followed by recording or reproduction of data corresponding to the subsequent LBAs, and thereafter, recording or reproduction of data corresponding to each LBA of a part on the disk where data recording or reproduction has not been performed, is performed.

6. The information recording/reproduction method as defined in Claim 5, wherein

the LBA from which recording or reproduction of data is started, is previously decided separately for data recording and data reproduction.

7. The information recording/reproduction method as defined in <sup>claim 4</sup> any of Claims 4 to 6, wherein

the data is a DV signal.